

Instant Pot Times & Techniques - Vegetables

Asparagus	Place 1lb on steamer rack.	1 cup water	1 minute	QR	
Beet Greens	Steamer Basket	1 cup water	2 minutes	QR	
Broccoli	Place 1-2 heads, cut into florets, in a steamer basket.	1 cup water	2-3 minutes	QR	
Brussels sprouts	Place 1lb. in the IP	1 cup vegetable broth	3 minutes	QR	
Cabbage	Cut into 8 wedges; place in steamer basket.	2 cups veg. stock	4 minutes	QR	
Carrots	Place 1lb in the steamer basket.	1 cup water	3 minutes	QR	
Cauliflower	Place 1 head, cut in florets in steamer basket.	1 cup water	2 minutes	QR	
Collard Greens	Remove thick stem; place in steamer basket.	1 cup water	4 minutes	QR	If used as sandwich wrap, pressure cook 1 minute.
Corn	Husk 4 cobs; place on steamer rack.	1 cup water	2 minutes	QR	Eat or freeze.
Green Beans	Place ½ lb. on steamer rack.	1 cup water	2 minutes	QR	
Kale	Place in steamer basket	1 cup water	2-3 minutes	QR	
Mustard Greens	Place in steamer basket	1 cup water	2 minutes	QR	
Potatoes	Wash; poke with fork; add to steamer rack/basket.	1 cup water	Sml – 8 min Med-10 min Large-13 min	NR 10 Min	
Potatoes, Mashed	Wash; peel.	1 cup water	Sml – 8 min Med-10 min Large-13 min	NR 10 min	Mash with potato water or milk substitute & seasoning
Potatoes, Sweet	Wash; poke with fork; add to steamer rack/basket.	1 cup water	Sml –10 min Large-10-15 minutes	NR 10 min+	Add seasoning, milk substitute, cinnamon, nutmeg, chives, pecans.
Squash, Butternut	Peel; cut in half; remove seeds; cut into uniform cubes; add to steaming basket.	1 cup water	5 minutes	QR	Add roasted seeds, sautéed shallots, coconut milk.
Squash, Delicata	Peel; cut in half.	1 cup water	8 minutes	QR	Remove seeds; fill as desired.